



A BIT ABOUT ME

Health and fitness has always been a big part of my life. I believe having a healthy mindset is key to creating a sustainable healthy lifestyle.

There is always something else to learn and being able to assist someone grow and achieve their goals is what inspires me most about studying the Certificate III and IV in Fitness. A healthy lifestyle not only changes your body, it changes your mind, your attitude and your mood and I love being a part of the Powerplay Team.

EDUCATION & TRAINING

- Bachelor of Science - Environmental Management
- Certificate IV in Business Administration
- Certificate III & IV in Fitness (currently studying)
- Safe Spine Leader
- Senior First Aid Certificate

TRAINING INTERESTS

- Strength and Conditioning
- Weight Training
- Nutrition
- Stand Up Paddle Boarding



ALAYNA

ADMIN
CRECHE

Each new day is a new opportunity to improve yourself. TAKE IT. And make the most of it.

GET IN TOUCH

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